



Santa Fe County Fire Department  
Fire Prevention/Risk Reduction  
Bulletin  
May 2021



## May is Wildfire Awareness Month

### Home Defense for Wildfire:

Defensible space is the space between a structure and the wildland area that, under normal conditions, creates a sufficient buffer to slow or halt the spread of fire to a structure.

Defensible space is essential to help protect a structure during a wildland fire.

-Ready, Set, Go! Your Personal Wildfire Action Plan

<https://www.santafecountynm.gov/media/files/SantaFeRSGGuide2017.pdf>

87% of annual wildfires are caused by humans.  
Between 2015 & 2019 New Mexico had 4,942 wildfires resulting in 860,423 acres burned.



**ALERT** Santa Fe  
*Emergency Alerts and Notifications*

Sign Up Now

## Register for Emergency Communication Notifications

Alert Santa Fe is the official emergency notification system used by the Santa Fe County to communicate with residents during emergencies.

<https://www.smart911.com/smart911/registration/registrationLanding.action?cdnExternalPath=>





## Dryer Fire Safety

*Between 2010 & 2014, municipal fire departments responded to over 15,000 fires related to clothes dryers or washing machines, with an estimated damage of over \$238 million. The major cause of these fires were related to the build-up of lint.*

- Always use your dryer with the lint filter in place.
- Be sure to inspect the lint filter before every use, and clean out as needed.
- Clean the back, sides, & underside of the dryer annually, where loose lint often builds up.
- Check that flexible vent pipes are not kinked or collapsed.
- Make sure the exterior vent flap is functioning properly.
- Turn your dryer off before leaving home or when you go to bed.
- For gas dryers, be sure to use a new flexible gas connector if you relocate the dryer to a new location, such as moving to a new home, or when installing a new dryer.

*For more information, contact Jeffrey Folgate at the Santa Fe County Fire Prevention/Risk Reduction Office (505) 995-6517 or email: [jjfolgate@santafecountynm.gov](mailto:jjfolgate@santafecountynm.gov)*



# Eight Dimensions of Wellness Series

## Emotional

Coping effectively with life and creating satisfying relationships.

Emotional wellness is not the absence of stress or sad thoughts, but the ability to better manage negative situations and return to a more positive state of mind quicker and more efficiently.

Emotional wellness can be accomplished by looking inside yourself and finding what brings you contentment as well as pursuing goals that drive your passion, and surrounding yourself with genuine positive energy from yourself and others.



<https://store.samhsa.gov/product/Learn-the-Eight-Dimensions-of-Wellness-Poster-/SMA16-4953>

A few things to remember when working on emotional wellness:

- ✓ Be aware of the present. Focus on what you are feeling and your surroundings.
- ✓ Focus on the positive side of your life.
- ✓ Create healthy habits and stick to them as much as possible.
- ✓ Seek help or guidance when needed. It can be from friends, family, coworkers, or professional help.

Ideas to help focus on your emotional wellness include:

Starting a daily reflection/meditation time that fits into your schedule.

During that time, reflect on your day and write down moments that made you happy.

Looking at yourself and finding something about yourself that you like.

Allowing yourself to focus on the present moment, on your breathing and to clear your mind of stress and outside distractions.

### Santa Fe County

#### Connection Outreach & Overdose Prevention (COOP)

#### Mobile Integrated Health (MIH)

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For current Covid-19 guidelines,  
please click the link below.

<https://cv.nmhealth.org/public-health-orders-and-executive-orders/>